

**Full Report (All Nutrients) 09017, Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid**

Report Date: July 01, 2017 10:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 can (6 fl oz) 211g
<b>Proximates</b>					
Water	g	57.00	--	--	120.27
Energy	kcal	166	--	--	350
Energy	kJ	695	--	--	1466
Protein	g	0.51	4	0.058	1.08
Total lipid (fat)	g	0.37	3	0.024	0.78
Ash	g	1.12	4	0.055	2.36
Carbohydrate, by difference	g	41.00	--	--	86.51
Fiber, total dietary	g	0.4	--	--	0.8
Sugars, total	g	38.83	--	--	81.93
<b>Minerals</b>					
Calcium, Ca	mg	20	4	2.709	42
Iron, Fe	mg	0.91	4	0.192	1.92
Magnesium, Mg	mg	17	4	1.538	36
Phosphorus, P	mg	25	4	2.401	53
Potassium, K	mg	448	4	26.115	945
Sodium, Na	mg	25	4	9.540	53
Zinc, Zn	mg	0.13	4	0.020	0.27
Copper, Cu	mg	0.050	4	0.009	0.106
Manganese, Mn	mg	0.225	4	0.047	0.475
Selenium, Se	µg	0.4	--	--	0.8
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	2.1	2	--	4.4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 can (6 fl oz) 211g
Thiamin	mg	0.011	3	0.003	0.023
Riboflavin	mg	0.054	3	0.003	0.114
Niacin	mg	0.135	3	0.008	0.285
Pantothenic acid	mg	0.223	3	0.061	0.471
Vitamin B-6	mg	0.116	3	0.009	0.245
Folate, total	µg	1	4	0.264	2
Folic acid	µg	0	--	--	0
Folate, food	µg	1	4	0.264	2
Folate, DFE	µg	1	--	--	2
Choline, total	mg	6.5	--	--	13.7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	3	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	57	--	--	120
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.08
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.060	--	--	0.127
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.001	--	--	0.002
14:0	g	0.002	--	--	0.004

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 can (6 fl oz) 211g
16:0	g	0.050	--	--	0.106
18:0	g	0.008	--	--	0.017
Fatty acids, total monounsaturated	g	0.015	--	--	0.032
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.014	--	--	0.030
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.108	--	--	0.228
18:2 undifferentiated	g	0.089	--	--	0.188
18:3 undifferentiated	g	0.019	--	--	0.040
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0